

Asbury Theological Seminary ePLACE: preserving, learning, and creative exchange

Syllabi

eCommons

1-1-2001

CO 601 Counseling Theories And Techniques

Tapiwa N. Mucherera

Follow this and additional works at: <http://place.asburyseminary.edu/syllabi>

Recommended Citation

Mucherera, Tapiwa N., "CO 601 Counseling Theories And Techniques" (2001). *Syllabi*. Book 867.
<http://place.asburyseminary.edu/syllabi/867>

This Document is brought to you for free and open access by the eCommons at ePLACE: preserving, learning, and creative exchange. It has been accepted for inclusion in Syllabi by an authorized administrator of ePLACE: preserving, learning, and creative exchange. For more information, please contact thad.horner@asburyseminary.edu.

CO 601 COUNSELING THEORIES AND TECHNIQUES

Area of Counseling and Pastoral Care

Tapiwa N. Mucherera, Ph.D.

Assistant Professor of Pastoral Counseling

Phone: 859 858-2289

E-mail: Tapiwa_Mucherera@asburyseminary.edu

Fall 2001

Office Hours: Posted at office door or by appointed
Office SH 413

Class Time: T/R 1:00-2:15pm
Enrollment Limit: 30

Purpose and Goals

This course is a survey of classical and contemporary theories of counseling. Specifically, we shall cover the major traditions within the psycho-dynamic, humanistic and behavioral fields. These three broad bases provide the fundamental frameworks from which most theories derive. The course also aims to help students begin the process of appraising these traditions from a Christian perspective. Attention is given to the integration of theology and psychology, assumptions about human nature and theories of personality, the development of problems, techniques and application of each theory.

Upon completion of this course, the student will be able to:

- Describe the major theories of counseling within the various traditions, especially those within the psychodynamic, humanistic and behavioral traditions.
- identify the skills and attitudes necessary to effective counseling and how to apply techniques associated with the various psychological traditions.
- understand how one's personal experiences, philosophy, culture, (multicultural and feminist theories) shape theoretical perspectives.
- provide a Christian appraisal of the various psychological theories by being able to identify points of continuity and discontinuity between theology and psychological theory.

Course Texts:

Corsini, R. & Wedding, D. (2000). *Current Psychotherapies*.

Jones, S. L. & Butman, R. E. (1991). *Modern Psycho-therapies*. Downers Grove, IL: Intervarsity Press.

Requirements and Grading

- ***Readings***

Students are expected to completely read all course texts.

- ***Integrative Paper - 15% of grade***

Students will write a 4-5 page paper that lays out their understanding of how the Bible and theology is related to psychology and counseling. The suggested readings for this assignment are: Chapter 16 of Jones and Butman, Modern Psychotherapies and from an article by Hunsinger, Deborah, *The Master Key*, in inSpire Winter, 2001 (will be handed out in class). The integration paper is your own integration. These readings are just to help you have an idea of how others have done it. Thus, I do not expect many citations or summarization of other sources in this paper. The purpose of the paper is for you to work out how you integrate the scripture, theology and psychology in counseling. **Due Sept 20th, 2001**

- ***Final examination - 40% of grade***

A final exam will be given. The examination will cover the material discussed in the class and will be divided into the following parts:

Part One will essentially be objective and will include multiple choice and matching.

Part Two will be a number of short answer questions.

The final section will focus on application and involve the analysis of a case from one theoretical perspective.

- ***Theories Paper - 25% of grade***

Counseling Theory Research Paper – (Individual) Due Nov 15, 2001

You will write a 12-15 page paper about the theory you are investigating. All papers will adhere to APA publication style, double-spaced, using 10-12 point font, with 1 inch margins all around.

Your paper should address:

~ General description of the theory, how/why it came about etc.

- ~ The theory's model of health
- ~ The theory's model of illness
- ~ The theory's understanding of counseling & the role of the counselor
- ~ Recommended techniques
- ~ Your evaluation of its strengths, weaknesses, and congruence with Christian faith [or if you are doing Christian theories its strength and weaknesses as articulated by feminist and multicultural perspectives].

● ***Construction of a theory – (Group) 20% of grade - Due Oct 23rd 2001***

Select Counseling Theory -

You will select one school of counseling that you will explore from the following list. Several students will investigate the same school of counseling. This list may be shortened depending on the size of our class.

Christian approaches: Biblical and Nouthetic Counseling - Jay Adams, Larry Crabb
 Family of Origin Therapies - Murray Bowen, James Framo, Monica McGoldrick
 Multimodal Therapy - Arnold Lazarus
 Narrative Therapy - Michael White
 Reality Therapy - William Glasser, Robert Wubbolding
 Psychodynamic/psychotherapy

You will work collaboratively with other students who are investigating the same theory to develop a deeper understanding of the theory by searching:

- > Books, journal articles, and web-sites
- ~ Primary source material (i.e., stuff written by Adams, Crabb, Glasser, Lazarus, etc.) in addition to secondary source material (i.e., stuff written about nouthetic counseling, Biblical counseling, reality therapy, & multimodal counseling).
- ~ Web sites should include full web-address
- ~ Every person must contribute one book **or** three journal articles (i.e., one book = three journal articles)
- ~ The writer for each entry signs his/her initials at the end of the piece.

The product will be 3-4 pages, double spaced covering the following elements and areas of the theory you as a researched, and a 30 minute class presentation.

1. Assumptions about the nature of humans.
2. Personality development - notions about how such persons develop.
3. Some structure of personality, that is, elements that make up personality (for example, Freud speaks about id, ego and superego).
4. A perspective on the causes of maladaptive behavior.

5. Some theory about what constitutes optimal functioning.
6. Mechanisms for promoting change, that is the theory's understanding of counseling & the role of the counselor

Grading Ranges

A	94	C	73
A-	90	C-	70
B+	87	D+	67
B	83	D	63
B-	80	D-	60
C+	77	F	below 60

Class Schedule

- Discussion of each theory will conclude with Christian critique and other integration issues. The class will utilize lecture, discussion, videos highlighting several of the theorists and their perspectives, and relationship of theory with contemporary issues.

Week 1 Sept 4 and 6

- Introduction
- Principles for integration
- Definition of counseling and theory

Reading Assignments

Jones and Butman, chapters 1-2,
Corsini and Wedding, chapter 1.

Week 2 Sept 11 and 13

- Psychoanalysis - Freud

Reading Assignments

Corsini and Wedding, chapter 2
Jones and Butman, chapters 3

Videos

The Hidden Nature of Man
The Greatest Thinkers: Freud

Week 3 Sept 18 and 20

Reading Assignments

Contemporary Psychodynamic Psychotherapies theories
Jones & Butman, Chapter 4

Video Short Dynamic Therapy

Week 4 *Sept 25 and 27*

- Analytical Psychology of Jung

Videos

The World Within: Carl Jung

The Story of Carl Gustav Jung

Reading Assignments

Corsini and Wedding, chapters 4

Jones and Butman, chapters 5

Week 5 *Oct 2 and 4*

Rogers

Reading Assignment

Corsini and Wedding, chapters 5

Jones and Butman, chapters 10

Week 6 *Oct 9 and 11*

- Gestalt Counseling

Reading Assignments

Corsini and Wedding, chapters 10

Jones and Butman, chapters 12

Week 7 *Oct 16 and 18*

Existentialism

Reading Assignments

Corsini and Wedding, chapters 9

Jones and Butman, chapters 11

Week 8 *Oct 23 and 25*

Adler and Reality Therapy

Reading Assignments

Corsini and Wedding, chapters 3
Jones and Butman, chapters 9

Week 9 ***Oct 30 and Nov 1st***
Behavior Therapy

Reading Assignments

Corsini and Wedding, chapters 7
Jones and Butman, chapters 6

Week 10 ***Nov 6 and 8***
Cognitive Therapy and REBT

Reading Assignments

Corsini and Wedding, chapters 6, 8
Jones and Butman, chapters 7, 8

Week 11 ***Nov 13 and 15***
Family Therapy

Reading Assignments

Corsini and Wedding, chapters 12
Jones and Butman, chapters 14

Week 12 ***Reading Week***

Week 13 ***Nov 27 and 29***
Solution Focused Therapy/ Current issues in Psychotherapy
Readings (On reserve)

Week 14 ***Dec 4 and 6***
Eclectic/ Multimodal

Reading Assignments

Corsini and Wedding, chapters 11, 14
Jones and Butman, chapters 15

Week 15 ***Dec 14th 9:00 – 11:00 am*** ***Final Exam***

The professor reserves the right to make modifications in the schedule as necessary.

Bibliography

Adler, A. (1964). *Social Interest: A Challenge to Mankind*. New York: Capricorn Books.

Adler, A. (1931; reprinted 1958). *What Life Should Mean to You*. New York: Capricorn Books.

- Adler, A. (1917). *Study of Organ Inferiority and its Psychical compensations*. New York: Nervous and Mental Disease Publishing Co.
- Adler, A. O What Life Could Mean to You. New York: Hazelden.
- Barrett-Lennard, G. T. (1998). Carl Rodgers' Helping System: Journey and Substance. Thousand Oaks, CA: Sage.
- Beck, A.T. & Emery, G. (1985). *Anxiety Disorders and Phobias: A Cognitive Perspective*. New York: Basic Books.
- Berne, E. (1964). *Games People Play*. New York: Grove Press.
- Blazer, D. Freud vs. God: How Psychiatry Lost Its Soul and Christianity Lost Its Mind. Downers Grove, IL: InterVarsity Press.
- Boyd-Franklin, N. O Black Families in Therapy: A Multisystems Approach. New York: Guilford.
- Browning, D. (1987). *Religious Thought and the Modern Psychotherapies*
- Cade, B. and O'Hanlon, W. H. (1993). *A Brief Guide to Brief Therapy*. New York: W.W. Norton and Company.
- Chaplin, J. (1999). Feminist Counselling in Action (2nd Ed.). Thousand Oaks, CA: Sage.
- Clarkson, P. (1999). Gestalt Counselling in Action. Thousand Oaks, CA: Sage.
- Cohn, H. W. (1997). Existential Thought and Therapeutic Practice. Thousand Oaks, CA: Sage.
- Comas-Diaz, L. & Greene, B. (1994). Women of Color: Integrating Ethnic Identities in Psychotherapy. New York: Guilford.
- Collins, G. R. (1996). Psychology and Theology: Prospects for Interaction. Nashville, TN: Abingdon.
- Collins, G. R. (1993). The Biblical Basis of Christian Counseling for People Helpers. Colorado Springs, CO: NavPress.
- Curwen, B., Palmer, S., & Ruddell, P. (1999). Brief Cognitive Behavioral Therapy. Thousand Oaks, CA: Sage.

Dryden, W. Rational Emotive Behavioural Counseling in Action (2nd Ed.). Thousand Oaks, CA: Sage.

Duncan, B., & Miller, S. (2000). The Heroic Client: Doing Client-Centered Outcome Informed Therapy. San Francisco, CA: Jossey-Bass.

Ellis, A. (1973). Humanistic Psychotherapy: The Rational Emotive Approach. New York: McGraw Hill.

Ellis, A. (1962). Reason and Emotion in Psychotherapy. Secaucus, NJ: Citadel. Rev. ed., 1994. New York: Carol Publishing.

Falicov, D. J. (1998). Latino Families in Therapy: A Guide to Multicultural Practice. New York: Guilford.

Fransella, F. & Dalton, P. (2000). Personal Construct Counseling in Action (2nd Ed.). Thousand Oaks, CA: Sage.

Freud, S. (1901). The Psychopathology of Everyday Life. (Standard Edition vol. 6.)

Freud, S. (1900). The Interpretation of Dreams. (Standard Edition vol. 4.)

Freud, S. (1895). Studies in Hysteria. (Standard Edition vol. 2).

Gilbert, M. G. and Brock, R. T. (Eds.) (1988). The Holy Spirit and Counseling: Principles and Practice. Peabody, MA: Hendrickson Publishers.

Glasser, W. (1965). Reality Therapy. New York: Harper Collins.

Glasser, W. (1989). Control Theory in the Practice of Reality Therapy. New York: Harper-Collins

Greenberg, L., Watson, J. C., & Lietaer, C. (Eds.). Handbook of Existential Psychotherapy _____ (The Guilford Family Therapy Series). New York: Guilford Press.

Harris, T. (1969). I'm OK, you're OK. New York: Harper & Row.

Hoyt, M. F. 0 The Handbook of Constructive Therapies: Innovative Approaches from Leading Practitioners. San Francisco: Jossey-B ass.

Jacobs, M. (1999). Psychodynamic Counselling in Action (2nd Ed.). Thousand Oaks, CA: Sage.

Jung, C. G. Collected Works, vols.1-18 . Princeton: Princeton University Press.

- Kirwan, W. T. (1984). *Biblical Concepts for Christian Counseling*. Grand Rapids, Michigan: Baker Book House.
- Kirwan, W. T. 0 Biblical Concepts for Christian Counseling: A Case for Inte2ratin2 Psycholo2y and Theology. Grand Rapids, MI: Baker Book House.
- Kuehiwein, K. T. & Rosen H., 0 Cognitive Therapies in Action. New York: Jossey-Bass.
- Lapworth, P., Sills, C., & Fish, 5. (2001). Interaction in Counseling and Psychotherapy: Developing a Personal Approach. Thousand Oaks, CA: Sage.
- Lantz, J. (1995). Existential Family Theraoy: Usin2 the Concepts of Victor Franki. New York: Jason Aronson.
- Lazarus, A. A. (1989). *The Practice of Multimodal Therapy*. Baltimore: John Hopkins University Press.
- Lazarus, A. A. (1976). *Multimodal Behavior Therapy*. New York: Springer.
- Lazarus, A. A. (1971). *Behavior Therapy and Beyond*. New York: McGraw-Hill.
- Lee, E. (1997). Working with Asian Americans. New York: Guilford.
- Mander, G. (2000). A Psychodynamic Approach to Brief Therapy. Thousand Oaks, CA: Sage.
- May, R. (1981). *Freedom and Destiny*. New York: Norton.
- May, R. (1961). *Existential Psychology*. New York: Random House.
- McGoldrick, M., Giodano, J., & Pearce, J. K. (1996). Ethnicity and Family Therapy, 2nd Ed. New York: Guilford.
- McMinn, M., Meeks, K. R., & MoRay, B. W. (1996). Psychology, Theology, and Spirituality in Christian Counseling. Wheaton, IL: Tyndale.
- Means, D., & Thorne, B. (2000). Person-Centered Therapy Today: New Frontiers in Theory and Practice. Thousand Oaks, CA: Sage.
- Meier, P. D., Minirth, F., Wichern, F., & Ratcliff, D. 0. Introduction to Psychology and Counsel ing:Christian Perspectives and Applications, 2nd Ed. Grand Rapids, MI: Baker Book House
- Menninger, K. (1973). *Whatever Became of Sin*. New York: Hawthorne Books.
- Minuchin, P., Colapinto, J., & Minuchin, S. (1998). Working with Families of the Poor. New York: Guilford.

Mitchell, S. A., & Black, M. J. (1996). Freud and Beyond: A History of Modern Psychoanalytic Thought.

Monk, G., Winslade, K., & Epston, D. (1996). Narrative Therapy in Practice: The Archaeology of Hope.
San Francisco: Jossey-Bass.

O'Connell, B. (1998). Solution-Focused Therapy. Thousand Oaks, CA: Sage.

Oaklander, V.O. Windows to Our Children: A Gestalt Therapy Approach to Children and Adolescents.
Cleveland, OH: Gestalt Journal Press.

Okun, B. F. O. Understanding Diverse Families: What Practitioners Need to Know. New York:
Guilford.

Outler, Albert, C. (1954). Psychotherapy and the Christian Message. New York: Harper and
Row.

Payne, M. (1999). Narrative Therapy: An Introduction for Counsellors. Thousand Oaks, CA Sage.

Pedersen, P. B. (2000). Hidden Messages in Culture-Centered Counseling: A Triad Training Model.
Thousand Oaks, CA: Sage.

Perls, F. (1969). Gestalt Therapy Verbatim. Moab, UT: Real People Press.

Polster E., & Polster, M. (1973). Gestalt Therapy Integrated: Contours of Theory and Practice.
New York: Brunner/Mazel.

Pope-Davis, D. B. & Coleman, H. (2001). The Intersection of Race Class and Gender Implications for
Multicultural Counseling. Thousand Oaks, CA: Sage

Reenie, D. L. (1998). Person-Centered Counselling: An Experiential Approach. Thousand Oaks, CA:
Sage.

Rogers, B. (2000). Behavior Management: A Whole-School Approach. Thousand Oaks, CA:
Sage.

Rogers, C.R. (1951). Client-centered Therapy. Boston: Houghton Mifflin.

Rogers, C.R. (1942). Counseling and Psychotherapy. Boston: Houghton Mifflin.

Seamands, D. A. (1985). Healing of Memories. Wheaton, Ill.: Victor Books.

Seu, B., & Heena, M. C. (1998). Feminism and Psychotherapy: Reflections on Contemporary Theories
and Practices. Thousand Oaks, CA: Sage.

Skinner, B. F. (1953). *Science and Human Behavior*. New York: Macmillan.

Strasser, F. & Strasser, A. (1997). Existential Time-Limited Therapy: The Wheel of Existence. John Wiley.

Sweeney, T. J. (1998). Adlerian Counselin2: A Practitioner's Guide. Taylor & Francis.

Vitz, P. (1988). *Sigmund Freud's Christian Unconscious*. New York: Guildford.

Walters, M., Carter, B., Papp, P., & Silverstein. (1988). The Invisible Web: Gender Patterns in Family Relationships. New York: Guilford.

Wheeler, G. (1991). Gestalt Reconsidered: A New Approach to Contact and Resistance. New York: Gestalt Institute Press.

Wills, F. & Sanders, D. (1997). Cognitive Therapy: Transitioning the Image. Thousand Oaks, CA: Sage.